

A TASTE OF



Ama-zing Harmonies Community Cookbook
With Recipes From Around The World

Ama-zing Harmonies Community Cookbook: Recipes From Around The World

At Ama-zing Harmonies, we like to sing, eat, and listen together. During lockdown we have managed to find ways to sing and listen through zoom, but we've been missing the eating part!

The goal of this cookbook is to help the community learn about one another's cultures and personalities by attempting to capture their favourite recipes. That way even though we can't share food together, we can still learn and be connected while enjoying these marvellous foods!

We've asked participants to submit recipes that encapsulate who they are. If their identity is strongly rooted in their cultural heritage they can share foods from their grandparents and homelands. Some have identities and roots from different regions and have chosen recipes that represent that. Others love to explore and learn about other cultures through fusion cuisine. Whether hundreds of years old, or new fusion ideas, we are hoping that the recipes in here help you get a small snapshot of who we are in Ama-zing Harmonies.

So get cooking! We hope you enjoy a Taste of Ama-zing Harmonies.

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Salads: Corn Salad

Origin: North/ Central America

Preparation Time: 15 minutes

Description:

A light summer salad, this side goes well with tacos or other summer dishes. For a more hearty dish, mix with black beans.

Ingredients

- 1 tin of sweet corn
- 2 tbsp white sugar
- 3 tbsp olive oil
- 2 bell peppers (chopped)
- ½ red onion
- 1 tbsp cider vinegar
- 1 lime
- 1 package of cherry tomatoes or 2 diced salad tomatoes
- Salt + pepper
- 1 can of black beans (optional)

Preparation

1. Beat lime juice, vinegar, oil , salt and pepper to form a light vinaigrette
2. Mix corn, diced peppers and sliced tomatoes and toss lightly
3. Chill

Pomegranate and Brie Salad

Preparation Time: 15 minutes

Description:

A Sweet salad balanced with the creaminess of brie and the crisp bite of red onion, this salad is delicious and easy to make

Ingredients

- Salad Greens
- Half a pomegranate (Can sub with sliced strawberries)
- Olive oil
- 1/4 red onion
- Balsamic vinegar
- Sugar
- Brie
- Salt + pepper
- Basil (optional)

Other optional subs:

- Sliced almonds or toasted walnuts
- Thinly sliced red peppers
- Maple syrup or honey instead of sugar

Preparation

1. Beat vinegar, oil, sugar, and salt to form a light vinaigrette. To add extra depth to your vinaigrette you can blend in basil leaves.

Suggested Ratio of oil to vinegar is 2.5-1, diluted with a few drops of water.

For a less tangy salad, use 3 parts oil-1 part vinegar.

2. Cut brie into small thin slices.
3. Wash, mix, and dry salad greens
4. Add cheeses, pomegranate, red onions and mix
5. Right before serving toss lightly in vinaigrette.
6. Enjoy

Tabbouleh

Origin: Middle-East



Prep time: 15 minutes-25 minutes

Description:

A salad that uses parsley and cucumber as its greens, tabbouleh is refreshing and healthy. It is popular in the middle east where its light and refreshing flavour keeps you invigorated on a hot summer day. It can also be served on top of hummus and pitas to add a refreshing burst of flavour.

Ingredients

- 1 bunch of fresh parsley (flat not curly)
- ½ Cucumber
- ½ Lemon (juice)
- 2 tbsp Olive oil
- 1 salad Tomato
- ½ Red pepper
- Green onion/ or ¼ sweet onion
- Salt + Pepper

Preparation

1. Finely chop the parsley bunch, removing the thick stems.
2. Remove the seeded part of the cucumber by cutting in half and then scooping out the watery part. Finely chop the flesh of the cucumber until it is almost minced.
3. Do the same for the tomato. (The wet bits of the veggies will sweat and turn your salad into a soggy soup otherwise)
4. Mince onion and pepper finely.
5. Mix together and drizzle with olive oil.
6. Add salt and lemon to taste.
7. Enjoy!

Toasted Walnut and Apple Salad



Preparation Time: 15 minutes

Description:

An autumnal salad that celebrates the sweet and crisp flavour of apples with the homey flavours of toasted walnut

Notes:

This salad works best when going heavier with the toppings and sparingly with the greens.

Ingredients

- Salad greens (spinach works well)
- 2 Apples, thinly sliced (Crisp and slightly sweet apples work best)
- 200 ml Walnuts
- Half a bunch of grapes
- Brown and White sugars
- Goat cheese (optional)
- ¼ red onion (optional)
- Cider and/or malt vinegars
- Oil
- Salt
- Lemon juice

Preparation

1. Beat, vinegar, oil, white sugar, and salt to form a light vinaigrette. Cider and malt vinegars are strong, so use a 3-1 ratio of oil to vinegar, and dilute with a bit of water if necessary.
2. Preheat oven to 200
3. Toast walnuts for 5 minutes. After 5 minutes, lightly sprinkle walnuts in brown sugar and return to oven for another 3 minutes or until sugar is melted and nuts are browned.
4. As walnuts toast, slice apples, half grapes and toss in a small amount of lemon juice.
5. As walnuts cool, slice cheese and onions (if adding) and mix with salad greens.
6. Crush cooled walnuts and add to salad, add vinaigrette and coat well.

Soups and Stews: Roasted Butternut Squash Soup

Origin: North America



Cooking time: 2h including roasting squash (but don't worry you can go and have a tea or do some work while you wait)

Description:

A rich and fragrant soup that is well-suited to cold days. A firm favourite in North America in the late Autumn to early Winter.

Notes:

To add bacon, fry first and set aside, use fats to cook onions instead of veg oil. Add the bacon in at the end and puree.

Ingredients

- 1 butternut squash
- Broth (pork works best, but veggie and chicken are also fine)
- Stock cubes
- 2-3 onions
- Brown sugar
- Cream
- Veg oil
- Bacon or gammon (optional)
- Salt and pepper
- Cardamom, turmeric, thyme, cinnamon, nutmeg, cloves.

Preparation

1. Roast whole squash in the oven at 200 until soft all the way through (Roughly 45min+)
(Most recipes have you peel the squash, but you don't have to, it is actually easier to work with roasting whole!)
2. As squash roasts, cut and fry onions in a little veggie oil until soft and starting to brown.
3. Once squash is finished roasting, let cool.
4. Peel the skin away from the squash (it should be soft and loose from roasting), then cut in half and scoop out the seeds. Add all the flesh to a soup pot with your onions.
5. Add broth and simmer for 15 minutes, adding spices and salt to taste.
6. Add 2 tbsp of brown sugar, 150ml of cream, and puree with a blender.
Add a sprig of thyme and serve!

Rich Chorizo Stew

One of Jean's favourites, this chorizo stew is warm, rich, and sure to keep you warm this winter!



Notes: Season to taste, be careful not to over spice, the chorizo adds its own warmth!

Ingredients

- 1 ½ Onion (sliced or minced)
- 1-2 Carrots (sliced)
- ½ Courgette (sliced)
- 2 Potatoes (cubed)
- 3-4 Cloves of garlic (minced)
- 1 tin of tomatoes
- Paprika, stock cubes, salt and pepper, thyme (opt.), Cayenne (opt.)
- Chorizo Sausage (sliced)
- Water

Preparation

1. Fry onions and garlic until soft. Add other vegetables once onions are cooked.
2. Simmer veggies for 5-10 minutes. Add in Chorizo (For extra texture and flavour fry chorizo separately before adding to veg.
3. Add in tin of tomatoes and a slight amount of water,
4. Add stock cubes and simmer until stew has reduced and veggies are cooked through
5. Season to taste.

Yam with Tomato Stew

Origin: Nigeria



Notes: This meal is highly customizable. Some like their stew to be runny, others prefer a thick hearty stew. Go ahead and make it the way you like! The important thing is that you enjoy!

Ingredients

- Yam

Tomato Stew

- Tomatoes
- Red bell peppers
- Scotch bonnet
- Onions
- Garlic (optional)
- Ginger (optional)
- Stock (chicken, meat, fish any of your choice)
- Meat or fish of choice
- Curry
- Thyme
- Salt, Seasoning, cooking cubes
- Veg oil

Preparation

1. Peel yams and dice into large cubes
2. Boil in water for 15 minutes or until tender. Add a pinch of salt. Set Aside.
3. Blend tomatoes, peppers, onions, garlic, and ginger till smooth. Put in a pot and heat until water has evaporated. Fry with 2 spoonfuls of the veg oil of your choice until it becomes a dark paste.
4. Add choice of stock to desired consistency.
5. Add previously cooked meat or fish.
6. Add stock cubes, thyme, curry and salt to taste. Allow to boil for another 7-10 minutes.
7. Enjoy!

Fresh Fish and Pepper Soup

Origin: Nigeria



Description:

An appetizer of Nigerian origin, this soup is full of warmth and flavour.

Ingredients

- Fresh Catfish (or choice of fish)
- Red bell peppers
- Scotch bonnet
- Onions
- Garlic
- Ginger
- Fresh curry leaves
- Thyme
- Salt, seasoning cubes, and spices of choice
- Veg oil

Preparation

1. Cook fish in a pot with water
2. Blend bell peppers, scotch bonnet, onions, garlic, and ginger. Add to fish.
3. Salt and season, cook for 15-20 minutes to allow seasoning to cook through
4. Add thyme and crushed curry leaves last, cook for another 5 minutes.
5. Enjoy!

Okro Soup

Origin: Nigeria



A warm Nigerian soup, this dish celebrates the flavour of Okro! (Often sold here as Okra).

Ingredients

- 600g Okro
- 1 handful of chopped spinach
- Meat of Choice (chicken, turkey, beef, lamb, or goat)
- 1 long pointed red pepper
- 1 scotch bonnet
- 1 whole onion
- 3 stock cubes
- 1 spoonful of palm oil
- Half a package of prawns
- 2 tbsp of ground crayfish
- Salt to taste

Preparation

1. Cook the meat with $\frac{1}{4}$ of an onion, 2 stock cubes, and season with salt
2. Cut the okro into small pieces/grate/rough blend (not into a paste)
3. Lightly blend peppers and remaining onion
4. In a pot with some palm oil add the blended mix, fry for 2 minutes.
5. Add cooked meat and last stock cube, fry for 5 minutes.
6. Add the prawns, okra, mix well. Add broth from the cooked meats, simmer for another minute.
7. Turn off heat, sprinkle with spinach, and add remaining palm oil.
8. Cover for a minute.
9. It's ready, enjoy!

Nigerian Melon Soup



A warm Nigerian soup, this dish is flavoured with melon powder!

Ingredients

- 100g ground melon powder
- 1 handful of chopped spinach/kale
- Meat of Choice (chicken, turkey, beef, lamb, or goat)
- 2 fresh peppers, bell or pointed.
- 1 scotch bonnet
- 2 whole onions
- 3 stock cubes
- 1 spoonful of palm oil
- Half a package of prawns
- 2 tbsp of ground crayfish
- Salt to taste

Preparation

1. Cook the meat with $\frac{1}{4}$ of an onion, 2 stock cubes, and season with salt
2. Chop the vegetables
3. Lightly blend peppers and onion
4. In a pot with some palm oil add the blended mix, fry for 3-5 minutes, add melon paste bit by bit.
5. Add cooked meat and last stock cube, fry for 5 minutes.
6. Add the prawns and mix well. Add broth from the cooked meats, simmer for another minute.
7. Turn off heat, sprinkle with spinach, and add remaining palm oil.
8. Cover for a minute.
9. It's ready, enjoy!

Fresh Chicken Wings and Pepper Starters

Origin: Nigeria



Description:

An appetizer of Nigerian origin, these wings are moist and packed with spicy flavour. The scotch bonnet and ginger add a zing that you won't forget!

Ingredients

- Fresh chicken wings
- Red bell peppers
- Scotch bonnet
- Onions
- Garlic
- Ginger
- Fresh curry leaves
- Thyme
- Salt, seasoning cubes, and spices of choice
- Veg oil

Preparation

1. Cook chicken in a pot with water
2. Blend bell peppers, scotch bonnet, onions, garlic, and ginger. Add to chicken
3. Salt and season, cook for 15-20 minutes to allow seasoning to cook through
4. Add thyme and crushed curry leaves last, cook for another 5 minutes.
5. Enjoy!

Dolma



A popular Middle-Eastern Dish, Dolma is stewed rice full of parsley, veg, and garlic that is stuffed into grape leaves. It can use your choice of meat, or be stuffed into any vegetable you like. It goes quite well in courgettes, peppers, and potatoes.

Ingredients

- ½ c Broad beans (dried)
- 50g parsley
- Mince (optional, we make ours vegetarian)
- 2 fresh peppers, bell or pointed.
- 4 cloves garlic
- Dill, cumin, coriander, turmeric, curry powder, 7 spice, salt and pepper
- 2 whole onions
- tomato
- Olive oil
- 1.5c rice
- Tamarind syrup
- 1 Jar of Grape leaves
- Chickpeas

Preparation

1. Blend together onions, garlic, peppers, 3 tomato, dill, parsley, and cooked and drained broad beans
2. Mix it with 3 tbsp tomato paste, 1 tbsp cumin, 1 tbsp coriander, 0.25 tbsp turmeric, 1 tbsp curry powder, 1 tbsp seven spices, 1/2 tbsp black pepper, 1 tbsp oil, 1 tbsp salt and rice
3. Put bread/leaves at the bottom of the pot so they dont get stuck
4. Wrap mix in grape vine leaves (jar of 400g-800g, I recommend the brand sofra) tightly like a burrito
5. Add wraps in clockwise fashion, layer after layer to pot (see picture)
6. Mix 3 tbsp tomato paste, hot water (enough to just cover the stuffed leaves), 2tbsp tamarind concentrate, 1 tbsp paprika, 0.5 tbsp turmeric, 1 tbsp cumin, 1 tbsp curry powder, 1 tbsp coriander, 1 tbsp seven spice, 1/2 tbsp black pepper, 1 tbsp salt, lemon (optional) and 2tbsp pomegranate juice (very liquidy sauce)
7. Cover pot with sauce so that it covers dolma
8. Once pot starts boiling turn down to simmer and cook for an hour.
9. Enjoy!

Fresh Fish in a Spinach and Pepper Sauce

Origin: Nigeria



Soft flakey fish served with a bed of spinach, onion, and a spicy pepper sauce, this recipe is healthy and delicious!

Ingredients

- Fresh fish fillets of choice (5-7 pieces)
- 1 bag of chopped spinach
- 2 fresh peppers, bell or pointed.
- 1 scotch bonnet
- 2 whole red onions
- 4 fresh tomatoes or 1 tin of chopped tomatoes
- 3 cloves of garlic (chopped)
- Half a finger of fresh ginger (chopped)
- 3 stock cubes
- 4 tbsp of olive oil
- Salt to taste

Preparation

1. In a non stick pot, cook fish in $\frac{1}{4}$ cup of water, 1 onion, and 2 stock cubes. Cook for 10 minutes or until water has almost completely evaporated.
2. Roughly blend the peppers (and tomatoes if using fresh)
3. Add spinach to pot, pour blends and tomatoes otop.
4. Add remaining chopped onion, garlic, ginger, and stock cube.
5. Salt and drizzle olive oil over the dish
6. Allow to simmer on low heat for 5 minutes.
7. Serve with boiled rice, yam, potatoes, or corn/oat flour dishes.
8. Enjoy!

Gwote Porridge:

Made with Fonio/ Hungry Rice/ Acha

Origin: Nigeria



Description:

A warm Nigerian soup, this dish is flavoured with melon powder!

Ingredients

- 1 cup of Acha (Called Fonio, it can be substituted with millet or poppy seeds)
- Bone marrow
- Spinach
- 2 carrots (sliced)
- 2 onions (chopped)
- Cabbage
- 1 scotch bonnet
- 1 long red pepper
- Garlic
- Ginger (paste or fresh)
- Stock cubes
- Salt

Preparation

1. Boil bone marrow, season with stock cubes, garlic, ginger, and salt
2. Wash grains, add to pot and top up with water if needed.
3. Allow to cook for 10-15 minutes
4. Add chopped peppers, onions, spinach, carrots, and cabbage.
5. Add final stock cubes and season.
6. Simmer for 2 minutes
7. Enjoy!!!

Hashbrown Casserole

Origin: North America

Cooking Time: **1-1.5h**

Prep Time: **10 minutes**

Serves **6-8 people**

Description:

A creamy and rich potato casserole, this is popular in rural North America as a hearty side to go with gammon. This dish is super easy and works well with kids . It can also be divided and frozen to save time later.

Ingredients

- 1 package of cubed hashbrowns (small cubed potato)
- 500ml of sour cream
- 1 tin of cream of mushroom or cream of chicken
- ½ cup of melted butter
- Grated cheddar cheese

Preparation

1. Mix potatoes, sour cream, cream of mushroom, and melted butter together
2. Pour into a large, oiled casserole dish.
3. Cover mix with grated cheddar, and then wrap the top in foil.
4. Bake at 180c/ 350f for 1-1.5h (the longer you bake the crispier the edges get)
5. Enjoy!Submitted by Macrine

Rosemary Creamed Mash

Origin: European timeless classic



Preparation Time: 30 min

Description:

A simple but delicious mash that will change the way you see mash potatoes. They are rich, indulgent, and creamy, probably best saved for company.

Ingredients

- Potatoes, boiled and mashed
- Double Cream
- Milk
- Butter
- Salt and Pepper
- garlic
- rosemary
- Parmesan
-

Preparation

1. Boil your potatoes until they're very soft. (Underboiling will result in lumpy potato).
2. When potatoes are close to done boiling, in a separate saucepan melt butter, and saute garlic
3. Once garlic has cooked for 2 minutes, pour in cream and add rosemary.
4. As cream begins to heat up, grate in Parmesan.
5. Season sauce to taste.
6. As sauce simmers, drain and mash your potatoes with a tbsp of butter
7. Pour sauce over potatoes and mix together until rich and smooth.
8. If needed add milk until potatoes are desired consistency.
9. Enjoy

Za'atar Pita

Origin: Mediterranean/ Middle-East

Prep and Cooking time: 1.5h (bread needs to rise)

Description:

A bit of a twist on classic pita bread, Za'atar is a thyme and sesame mix that brings your pita alive. Perfect for stuffing with hummus, chicken, or even tabbouleh.

Notes:

It is very important to preheat your oven AND your pan! It is the burst of scorching heat that causes your pita to form pockets, otherwise you'll have a flatbread)

Ingredients

- 250ml of water
- 2 tsp of yeast
- 750ml of white all purpose flour
- 1tsp of salt
- 2 tbsp of oil
- 1 tsp of sugar
- 1 tsp thyme
- 1 tsp sesame
- ½ tsp of coriander, cumin, and sumac (optional) each

Preparation

1. Add 2 tsp of yeast to 250ml of very warm water (but not scalding), along with 1 tsp of sugar. Mix and let sit for 5-15 minutes.
2. Once the mixture is very bubbly, add to 700ml of flour and mix together. (If the mixture isn't bubbly, don't add to flour. Make another batch as the yeast has probably failed.)
3. Knead the mix, adding salt and herbs, until you have a smooth ball. If the mix is wet, add flour until it is smooth. Once kneaded, cover in a bowl and let rise for 1hminutes in a warm place. (I turn my oven on to 50c and then turn it off once it has warmed). 15 minutes in, knead it and coat with extra flour and add a tbsp of oil, return for remaining 45min.
4. Once risen, divide the dough into balls (Usually get 5-6 balls. Dust them and the countertop and roll into circles. Dough should be slightly firm and coated with flour on the outside. Circles should be around 1-1.5cm thick.
5. While you are doing the above, preheat the oven and baking tray to 225c. Once heated and balls are rolled, add them to the oven 2 at a time.
6. They cook quickly (approx 3-5 minutes if properly preheated) They should be done once they bubble and turn colour just slightly.

Desserts:

Butter Tarts

Origin: Canada



Preparation Time: 10 minutes

Cooking time: 35 minutes

Cooking Time: **35 minutes**

Prep Time: **10 minutes**

Serves **12+**

Description:

A famous Canadian dessert, butter tarts are a delicious but sweet tart best enjoyed in the fall/ winter. This recipe is for sweet tooths and is customisable according to preference. If you like raisins add a handful to the mix to

add texture, or have a crispy coconut topping!

Ingredients

- 1 pie pastry (shortcrust works well)
- 2 cups brown sugar
- 2 eggs
- ½ cup of corn syrup (sub for golden syrup if necessary)
- ¼ cup melted butter
- 1 tsp vanilla
- Raisins (optional)

Topping (Optional)

- Sweetened coconut shavings
- Or: crushed nuts

Preparation

1. Beat ingredients in a small bowl until free of lumps.
2. Using a buttered muffin pan, form small tarts with pastry and fill with mix
3. Bake at 165 for 10 min,
4. Reduce temp to 150 for another 15-20min until top has firmed up.
5. Let cool
6. Enjoy!

Pumpkin Pie: With a Walnut Crumble Topping

Origin: North America



Cooking Time: **50 minutes**

Prep Time: **20 minutes**

Serves **8 people**

A North-American Autumn Classic, pumpkin pie is perfect for enjoying the Autumn leaves and Early winter. It reminds Dave of home in Canada where he used to go hiking in the red maple leaves during Thanksgiving.

Notes: Be careful not to overwork topping or it will become too thick, you want to have crumbly bits

Ingredients

Filling

- A 22cm pie crust (handmade or store bought)
- ¼ tsp ground ginger
- ¼ tsp ground nutmeg
- 1 tsp cinnamon
- ¼ tsp cloves
- ¼ tsp salt
- 300 ml of sweetened condensed milk
- 400ml of pumpkin mash (roast and mash pumpkin, or use canned)

Topping

- ½ cup of brown sugar
- ¼ cup of plain flour
- ¼ cup of butter or butter substitute
- ½ tsp of cinnamon
- ½ cup of chopped walnuts or pecans

Preparation

1. Beat eggs, pumpkin and condensed milk together
2. Mix in spices
3. Place pie shell in oiled pie pan and fill with mixture
4. **Topping:** mix butter, sugar, flour and cinnamon until crumbly
Sprinkle walnuts and crumble over pie
5. Bake at 190c for 45-50 minutes (fork should come out clean when poke testing)

Mocha Cheesecake

Origin: North America



Description:

Cheesecake is an iconic summer dessert, but is great any time of the year. This mocha cheesecake is mainly smooth chocolate with a hint of coffee.

Ingredients

Crust

- 125 ml of butter
- 375 ml of crushed digestive biscuits
- 4 tbsp of white sugar
- 4 tbsp
- 1 tbsp of honey

Filling

- 250 ml of cream cheese
- 1 can of condensed milk
- 180ml of chocolate syrup
- 2 tbsp of instant coffee
- 1 tbsp boiled water
- 250ml of double cream whipped

Preparation

1. Melt butter and stir into crushed biscuit crumbs, honey, sugar, and cocoa. Press into a springform pan or small cake dish
2. Whip cream cheese until light and smooth, slowly add in syrup and condensed milk
3. Dissolve instant coffee in a little hot water and mix into the cream cheese
4. Whip cream until you have stiff peaks. Fold the whipped cream into the cream cheese mixture.
5. Add filling into pan and smooth with a spatula or butterknife. Freeze for at least 2 hours before serving.

Crème Brûlée

Origin: France



Description:

Crème Brûlée is a smooth classic that is surprisingly easy once you get the hang of it. It is sure to impress, and wonderfully creamy and calming.

Notes: Serves well with sliced strawberries or blueberries on top in the Summertime

Ingredients

- 6 egg yolks
- 750ml Cream
- 2 tsp vanilla
- 175g sugar
- Pinch of salt

Preparation

1. Beat egg yolks and 100g of sugar together
2. Simmer cream on stove until it is about to boil. Don't let it boil! After removing from heat add vanilla and stir it in.
3. As cream simmers Preheat oven to 180c
4. While stirring the eggs, slowly ladle a bit of the hot cream into the egg yolks. If you do this too quickly, the eggs will scramble and your dessert will be chunky. It is also suggested to use the slowest setting on your mixer or whisk by hand, otherwise you'll make the cream frothy.
5. Pour the mixtures into ramekins (or mugs!)
6. Place the mugs in a deep oven dish and pour water into the tray so it is about $\frac{2}{3}$ of the way up the mugs, be careful not to splash water into the mugs.
7. Bake for 40 min or until the mixture is firm at the top with a slight jiggle underneath when tapped.
8. Remove and Chill for 3h.
9. Before Serving sprinkle the remaining sugar on top and torch it until the sugar melts into a brown caramel